



Camp Hill Edwardians Swimming Club Newsletter

Issue 139

June 2003

COACHES CORNER

XMAS PARTY

Many thanks to Sue Thornton, Jan Bourne and to all their helpers for organising another very successful annual club party – a new venue has already been arranged for 2003 and details will be notified to you in due course.

A PERSONAL NOTE

I was very moved and appreciative to receive notification of the MBE Award. I realise that this would not have been possible without a lot of work and lobbying and I am most grateful to those concerned. May I also express my thanks for the many cards that I have received.

EWAN MARTIN

Continues to notch up Club Records. His latest efforts: 400 metres IM 4.37.40; 100 metres FLY 58.58; 100 metres BR 1.06.96; 200 metres BR 2.24.05 - very respectable times.

MELANIE EASTER

Returned to competition in Argentina in the World Disability Championships, and was a member of the World Record Relay Teams. I know that she was considering retiring, but I hope that she may be tempted back again.

JODIE LE RESCHE

Congratulations to Jodie on her first selection for the County team. A worthy outing, contributing strongly to the relays and winning her individual FS in a PB time of 29.04.

SIMON CROWE

Well done to Simon on passing his ASA Assistant Teachers award. Club members are encouraged to take these teaching awards and should note that the majority of the cost will receive reimbursement from the ASA.

DISTANCE SWIMMERS

Chris Tainty, following in his brother's shoes now swims Open Water in California, 2 miles in 72°F, and 1 mile in 58°F. Lido Badaway was well placed in a race round Brownsea Island, Poole Harbour.

JUNIOR LEAGUE DATES 2003

All Junior swimmers and their parents should take note of the following dates as we need to have your support in fielding our best swimmers for this important event. Following promotion back to the 1st Division last year, we are keen to build on this success.

10th April
8th May
19th June

CAMP HILL WEBSITE – NEW SITE !!

www.camphillswimming.org.uk



The new Camp Hill website has now been launched. Those of you that had the necessary equipment will recall our previous website

which Hayden Wakeling created and maintained for us until 18 months ago. This website eventually became “tired” and ultimately failed because of the work involved and a general lack of support and content being offered. It is a “Club” site so please be prepared to involve yourselves through useful suggestions, photographs and entertaining articles.

Our new website has been created using a different building structure that requires no programming skills whatsoever. Many amateur Club websites become difficult to manage because only one person (the creator) has the necessary skills to do all the work. Our website is different and when provided with a Username and Password, any individual with Internet access can maintain any area of the site. To this end, I am asking interested individuals to come forward and share in the responsibility of making our website a very special and valuable Club facility.

The basic website layout has already been created with a number of interesting functions which I hope make it clear how, with a little work and support, the Site can develop into a truly valuable resource for new and existing members alike.

Intended developments include: Notice of forthcoming Open Meets with descriptions, event programmes and printable entry forms. A Pool library with printable directions and internet Maplinks. ASA national, district and county swimming news and information. Club prospectus

and rules. Meet results and archived club newsletters.

As mentioned earlier, our Site can easily be managed by several people becoming Administrators and taking responsibility for different areas. It is my intention that the maintenance of the Site be a fun and enjoyable experience without any one person having to give up too much of their time. After all, no website is ever finished – a good one evolves progressively.

If potential helpers would like evidence of how easy the building and maintaining of our Site can be, visit www.slickwebs.com whose facility has been used for the complete building process – try the 30 day free trial that is offered! For those of you that know of my involvement in SlickWebs, I would emphasise that this suggestion is not a cheap shot to try and drum up business for the company, but an ideal way for people who might like to help, to see that it really is possible.

I am happy to continue and take responsibility for the main Webmaster function, but the support I receive will prove crucial to the future success of the project. Please speak to me about ways you can get yourself involved. Mike Le Resche tel: 01564 742205.

ACROSS THE WATER

In his quest for eternal youth Paul the Teacher was eager to check out the obscure medical claim that cold and windy weather delayed the ageing process by visiting Chicago.

It just so happened that Jan his lovely wife had arranged a surprise trip to Chicago to celebrate her and Paul's 50th birthdays.



Since Paul the Teacher is an 'Anorak' and needed to identify himself to the Chicago inhabitants as a serious veteran swimmer, he took the February issue of 'Swimming' with him so that he could pose outside the worlds tallest building....The Sears Tower.

Paul had considered modelling in his swimming trunks (club colours of course, supplied by the Club Shop), but decided against it with the political climate as it was!

COMPETITIONS

Midland Championships (Coventry) - 30 November 2002 (50m)

Ewan Martin had a number of good swims, but Laura Heeley was our only finalist, qualifying 8th for the 50 metres BR, she was placed 2nd in the Open Final, 37.73, also taking the Junior title. Laura was also 3rd in the Junior 50 metres FLY, 30.77. She failed to match these swims in the 100 metres BR, where her best time would have won Bronze. She is a very talented swimmer, but there are times when, like others, she loses focus and lets herself down.

Relay Trophy Gala (Stechford) - 7 December 2002 (25m)

Camp Hill 166, Solihull A 140, Leicester Belgrave 112, Solihull B81

This was a very easy win, with our placing 1st in 27 of the 37 races. Although winning so easily our teams did not relax their efforts and this was a useful prelude to the following week's league matches.

Behaviour was generally good, but there are three grumbles:- (1) Swimmers should report to be sent up for their events, confirming that they are ready. (2) How much more of a team we look when caps are worn. (3) Hard pressed team officials would appreciate it if, when there are only four or five races to go, they were not swamped by swimmers clamouring to get changed – we enter these events as a Club and it is entirely reasonable for us to expect swimmers to stay and support their team-mates in the same way they have been supported themselves.

The following day - A good win for Ellie Benton in the FLY at a local Open Meet, 1.17.40.

West Midland League (Leamington) - 14 December 2002 (25m)

Camp Hill 195, Worcester 179, Luton 176, Nuneaton 169, Stratford 167, Bilston 162

We knew that this was going to be a difficult one - and it was, but the result rounded off our season very nicely. We established an early lead, with Gemma Hindson and Ewan Martin winning their IM races, followed by four Relay wins.

We have recently tended to fall away in our points score during the third quarter of galas, but, despite some lapses, we maintained our lead throughout the 50 events. Ewan, in rampant form went on to win the FLY, 59.55, and was 2nd in a very strong BR field, 1.08.78. Hope Weaver produced good swims in BK and BR. Lucy Lloyd-Roach had good wins in BK and FLY. Hollie

Whelan, a 4 seconds improvement in FLY, 35.64, while Michael Bourne swam an excellent BK, 1.04.37. Jack Benton, although causing mayhem by his failure to report for his race, came back to form, FLY 41.05 - I think we must chain our 11 yr boys up at the start of galas in future. Laura Heeley, a 2 seconds improvement in FLY, 1.08.85 and two good BR wins. James Fox, showing experience beyond his years in a well paced BR. Alastair MacKenzie, a determined FS 59.16, for 2nd place. Gemma once more so close to the sub 60 seconds, in winning the FS, 1.00.67. We had many good Relay splits, 27's from Gemma and Nicola Sheasby and 25's from David Tubbs and Ewan, and the Evans brothers showing improved form.

Our win gave us a final placing of 7th in the League. Disappointing in some ways as had we made the top gala with two more points in the first round, we would probably have been 5th.

West Midlands League (Burton) - 25m

Ludlow 228, Stourbridge B 189, Evesham 173, Ripley 164, Luton B 152, Camp Hill B 133

Never count your chickens before they are hatched. Our last place in this final round proved that adage. Comfortably winning the first two rounds had made promotion seem to be a certainty. That, however, was before we found 16 swimmers to be unavailable, including 9 Senior girls. Finishing 5th, with four to be promoted, we have to spend another season in Division 3 - can we get it right this year?

Good swims: The new gigantic Carl Read FLY 1.07.39, FS 58.58; Jack Few FLY; Stuart Tierney 1.14.96; Louisa Ball FS 1.06.74; Stuart 1.02.21 - but still too cautious on that first 50 metres; Robin Fry FS 38.72; Gemma Wyse BR 1.24.64.

Crystal Meet (Wolverhampton) - 5 January 2003 (25m)

Our small group generally swam standard times following a fortnight's lay-off. Medals were won by Rebecca Hobson (3); Ellie Coe FLY 37.63; Sarah Thornton FLY 36.87 and Danielle Bourne. Matthew Woodyatt, in good form, had a 6 seconds PB in his IM.

Derby Meet (Sheffield) - 11 January 2003 (50m)

An early start for the intrepid few over this weekend.

This Meet is well organised and provides an excellent challenge with many high standard swimmers in attendance. Attending a Long



Course meet so soon after the Christmas break is a challenge in itself and several noteworthy swims were the justifiable reward: Laura Heeley BR

1.17.95 (3rd), 50 metres FLY 31.06; Hope Weaver BK 1.14.29, IM 2.39.16; Kelly Thornton FLY 33.37; Jodie Le Resche BK 1.16.11, FLY 1.16.73.

Ginger North Trophy Relay Gala – 11th January 2003 (25m)

Perry Beeches 163, Stourbridge 130, Solihull 119, Leamington 107, Camp Hill 84, Redditch 69

This crowded and noisy relay gala produced some good swims and much useful information, particularly about our new 9yr olds. Several of them were terribly nervous and anxious but they all enjoyed themselves when they started swimming.

PB's included 50FLY Ellie Coe 36.68, Francesca Chase 45.16, Frances Dean 424.40, Stephen Baker 43.22, Stephen McQueen 43.60. 50FS Francesca 39.24.

Special prize for non-stop talking goes to Jozef Whelan who enjoyed himself hugely, having previously decided to give up swimming!

Molly Brown Junior Trophy Gala – 18th January 2003

Camp Hill 202, Evesham 157, Fox Hollies 133, Dove Valley 130, Oldbury 103

Another crowded and noisy junior gala with a much better result than last week, albeit against weaker opposition. Times are irrelevant for ranking purposes as the pool was an odd length – 33 1/3 yds, but are useful as comparisons between swimmers.

Ellie Coe looked particularly sharp as did Alex Lycett and James Earl. Daniel McElligott's fly continues to improve apace. Some of our 9yr olds still looked apprehensive but they all swam well. It was pleasing to see most people finishing their races strongly rather than fading in the last few metres of the longer pool.

Brierley Hill Meet (Wolverhampton) - 25/26 January 2003 (25m)

This was an interesting occasion with many swims to observe. Ewan Martin setting three new Club Records and winning 50 metres BR 30.52 and FLY 27.28. Marked progress by Hope Weaver, 400 metres FS 4.52.25, 200 metres 2.21.57, BK

1.10.36 and 2.30.92. Other good efforts: Stacey Cameron FLY 1.15.20; Stuart Tierney 400 metres FS 4.34.59; Simon Crowe 200 metres BK 2.21.7; Rebecca Hobson FLY 1.26.34; Jodie Le Resche 1.17.21; Lucy Lloyd-Roach FLY 31.26 and 1.08.07; Kate Hindson FS 1.04.90; Danielle Bourne FS 1.16.74.

Trophy Gala (Aylestone) - 1 February 2003 (25m)

Camp Hill 141, Knighton Fields 131, Wigston 65, Leicester Neptune 64

We enjoyed a good win in a closely fought match at the rather cramped (spectator wise) Aylestone pool.

Good swims included a rejuvenated Stephen Baker BK 43.43, BR 45.73; Harriet Bromley FS 39.81; Francesca Chase BR 44.88; Hollie Whelan FS 34.84; Steve McQueen FLY 43.54; Daniel McGellicott 20.50; Kate Morrissey FS 17.30. Good Relay swims from Frances Dean and all Relays. Many thanks to Dave Bourne for turning out to judge.

Trophy Gala (Stechford) - 8 February 2003 (25m)

Camp Hill 214, Solihull 174, Triple S147, Lichfield 111, Solihull B 87

Despite winning this gala easily, it was pleasing to see swimmers working for their times, and many came away with PBs.

Laura Heeley had three wins with a 1.03.42 FS and Ewan Martin showed his superiority in a 1.00.54 FLY. Alastair MacKenzie crept closer to that 58 seconds FS with a 59.06. Matthew Woodyatt BR 1.06.27; Kirsty Rostill 1.25.16; Louise Ball FS 1.06.65; Alex Evans 1.07.98; Jodie Le Resche FLY 32.61; Stacey Cameron, improving on every swim, 1.14.80; James Earl FS 36.49; Jaimee Le Resche BK 1.18.76; Luke Streeter, coming of age, 1.13.85; and two good swims from brother Adam.

Lots of good Relay swims: Jodie 29.10, Hope Weaver 30.6 and Clark Hands 28.43 - if he focussed and trained hard he could produce very reasonable 100 metre swims. Our 15 yr girls Relay scored a black mark and showed a lack of concentration when they failed to appear correctly for their race despite the warning of the timekeepers.

IMPORTANT DATES

Please make a note of the following dates in your diary and keep yourself available for selection...

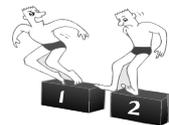
JUNIOR LEAGUE DATES 2003:

10th April
8th May
19th June

SWIM SHOP

The Camp Hill Edwardians Swim Shop is open every Monday, Wednesday and Friday between swimming sessions at King Edwards Camp Hill School pool.

We now have in stock a variety of Costumes and Accessories from the latest 2003 range and are able to supply any goods from the extensive "Allens of Kingsbury" swimming brochure (copy on club noticeboard).



*"wrong team mate,
we wear black - better
go and see Pat or
Sarah"*

Club Polo Shirts, Rugby Shirts, Fleece, Named Hats and Kit Bags are ordered at regular times throughout the year. Please advise either Pat or Sarah now so that you may be placed on the list for our next order.

REGULAR STOCK...

CLUB HATS – silicone and latex

"CLUB" black costumes & trunks

Selection of Speedo "Endurance" and Maru "Pacer" costumes & trunks

Range of Swimming Goggles for juniors & seniors

Club Polo & Rugby Shirts, Fleece, Bags & named Hats

Other costumes & accessories available from brochure

MEMBERS OFFICE

"NEW MEMBERS ARE ALWAYS WELCOME"

Enthusiastic swimmers can come along and visit any weekday at 6.30pm (except Thursdays) - bring costumes and join in!

For more information and a swimming trial, please contact:

Gerry Thain 0121 444 2289 (Principal & Coach)
Anne Lee 0121 440 1744 (Coach)
Ann Baker 01564 822585 (Club Secretary)